



Location: 36 South Main St.
Hours of Operation: Mon - Fri 8:00 AM - 4:00 PM
Phone: (508) 278- 8622

The Silver Center News

UXBRIDGE COUNCIL ON AGING NEWSLETTER

www.uxbridge-ma.gov/coa

December 2014



Marsha Petrillo - Director
 Donna Oncay - Admin Assistant
 Lynne McPherson - Chef
 Peter Waeger - Van Driver

"Loyalty to country ALWAYS. Loyalty to government, when it deserves it." - *Mark Twain*

SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING DAYS:

We will be closed Wednesday through Friday, **December 24, 25 & 26**. Mark your calendars.



No lunch will be served!



POLICE CHIEF LOURIE - Join us on Friday, **December 5, 2014** for our monthly *Lunch and Learn* with Police Chief Lourie. Call early and reserve your spot for lunch. We are very thankful to be working so closely with our Police Department.
It's good to know the law; it's better to know the Judge..



BLOOD PRESSURE CLINIC -

On Tuesday **December 16th**, Fran Stone from Salmon VNA will be here from 11:30 AM

SHOPPING TRIPS - Grocery shopping every Tuesday- Pick up begins at 8:30 AM. Walmart shopping - the **2nd and 4th Thursdays** of the month - Pick up begins at 12:30 PM.



WITH ATRIA DRAPER PLACE - Join us on Monday **December 1, 2014** for special lunch by June Baudeline

Could from Atria Draper Place in Hopedale. After a delicious meal they will lead us in a "CONDUCTORCISE" class. With this exercise you can relieve stress, build aerobic stamina and shed unwanted pounds, while imagining yourself leading a symphony orchestra.



Why is there a light in the fridge and not in the freezer?

GENTLE YOGA with **AMY NADEAU** - Join Amy Nadeau on Tuesday, **December 2, 2014** for a preview of our Gentle Yoga class that will begin on Monday, **January 5, 2015**, from 2:30-3:30 PM. The first class is free, if you decide to continue it will be \$30.00 for a six week class. Please call the Senior Center at 508-278-8622 if you are interested in taking this class

GERIATRIC CARE MANAGEMENT with **REBECCA WILD WESLEY** - On Friday, **December 19, 2014**, from 11:30 AM -12:30 PM, Rebecca Wild Wesley from "The Aging Space" will present a program on geriatric care management and the benefits of a "to-go bag".



CHRISTMAS LUNCHEON - Again this year the **UXBRIDGE ELDERLY CONNECTION** will sponsor a Christmas luncheon. Join us on Tuesday, **December 23** at 11:30 AM for our party.

There will be surprises and entertainment. Reserve your lunch early, this event fills fast.

- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and medical appointments.
- Van transportation begins at 10:30 AM each day. Please check with the Senior Center, Uxbridge Cable Station or the Council on Aging website for the Lunch Menu.
- The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 PM.

Uxbridge Council on Aging Newsletter

COMPUTER CLASSES - Computer classes taught by Nipmuc High School students have started and will continue throughout the school year. You need not come to every class. The classes are free and based on individual needs. Call the Senior Center to register ((508) 278-8622). You can get help with your I Phone, I Pad, tablet, Nook or other electronic devices.

HALLOWEEN 2014 AT THE SENIOR CENTER...



...SCARY, BUT A BIG SUCCESS !! <http://1drv.ms/1tqftHPe>

WishList

- Napkins
- 8 oz. Foam Cups
- Paper Towels
- Decaf Coffee

SNEAK PREVIEW OF JANUARY 2015 - Start the New Year with a Yoga class. Gentle Yoga Classes will begin with one free week on Monday, **January 5, 2015**. There after the class will be \$30 for 6 weeks.

Transitions Support Group sponsored by Holy Trinity Hospice will meet in **January 20, 2015**. This group will meet for 6 weeks at the Senior Center. Please call the Senior Center for more information if you are interested in either of these classes.

Thank you, everyone, for the donations you made this past month! You are very generous people.

Your donations will help enable the center for a month and more. It's donations that pave the way for Uxbridge to provide such services.

We will also accept monetary donations to our lunch program or to the Elderly Connection. The Uxbridge Elderly Connection raises funds to help support many of the activities and the purchase of much of the equipment that is not covered by our budget.

Indifference will be the downfall of mankind, but who cares?

Important
Information

OPEN ENROLLMENT SHINE VIDEO - Go to the Uxbridge Senior Center web page and view the new SHINE video. You will

find important information to help you with your Medicare and Medicare Advantage insurance.

Go to : **/Uxbridge-ma.gov/coa**

Then click on :

"Medicare and More Episode II"

Don't forget the Senior's web page,

uxbridge-ma.gov/coa or LIKE us on

facebook at [facebook.com/UxbridgeMASeniorCenter](https://www.facebook.com/UxbridgeMASeniorCenter)

ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER ?

The numbers below represent people served in

October 2014

Telephone Calls	1,076
Meals Served	574
Daily Visitors	796
Medical Runs (Round Trips)	134
Hannaford Shopping (Round Trips)	25
Walk-In Help	333
SMOC Fuel Assistance	16
Walmart Shopping (Round Trips)	16
Lunch Pick Up	193

Uxbridge Council on Aging Newsletter

MEDICARE AND PRESCRIPTION ADVANTAGE PLANS - NEW - December 7, 2014 is the last day that you can change your Medicare and Medicare Advantage Plans for next year. We can help you understand your plan as well as other options you may have. Call the Senior Center at 508-278-8622 or SHINE at 1-800-243-4636 to get more information or to make an appointment.

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The four food groups: Fast, Frozen, Instant, and Chocolate.

BEREAVEMENT COUNSELING Are you dealing with the loss of a loved one, losing a job or your home or just need to talk to someone? Please call the Senior Center and make an appointment to talk to our bereavement counselor, Dr. Carl Schultz. Dr. Schultz comes to us with impressive credentials. He is available for people of all ages by appointment. All sessions are free, private and confidential. Call the Senior Center at 508-278-8622 to make an appointment.

THE SUNSHINE CLUB TRIPS



The Uxbridge Senior Center is partnering with The Sunshine Club and Susan L'Heureux to offer the following trips:

1/17/2015 - 1/25/2015- Jacksonville, St. Augustine, Amelia Island, Savannah – 9 days, 14 meals,- \$679.

3/1/2015 Stageloft Theatre, “I Love You, You’re Perfect, Now Change”, lunch at the Publick House, - \$69.

3/18/2015 John Brown House, Providence, lunch at Geppettos, then Scialos Bakery - \$63.

4/8/2015 Ocean State Theatre, “Lend Me a Tenor” - \$85.

4/29/2015 Boston Foodie Tour, North End - \$72.

All trips are open to anyone who wants to have fun! They leave from the Job Lot parking lot in Whitinsville and also Westboro Senior Center. For more information, call Sue L'Heureux @ 508-372-9266

If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from?



NEW YEAR'S AT NOON

Wednesday, December 31, lunch and celebration. Register early!!





UXBRIDGE SENIOR CENTER
Lunch Menu
36 South Main Street, Uxbridge, MA 01569
(508) 278-8622

DECEMBER 2014

Marsha Petrillo - Director
Lynne McPherson – Chief
Pete Waeger – Van Driver
Donna Oncay – Transportation Coordinator



Monday	Tuesday	Wednesday	Thursday	Friday
1. LUNCH PROVIDED BY ASTRIA DRAPER PLACE	2. BEEF STEW GARDEN SALAD BISCUIT ANGEL FOOD CAKE W/BERRIES	3. ROASTED CHICKEN RICE PILAF GREEN BEANS APPLE CAKE	4. AMERICAN CHOP SUEY GARDEN SALAD ITALIAN BREAD FRESH FRUIT	5. BAKED FISH ROASTED POTATOES BROCCOLI SUGAR FREE ICE CREAM
8. STUFFED SHELLS SPINACH ITALIAN BREAD FRESH FRUIT	9. MEATLOAF W/GRVY MASHED POTATOES BROCCOLI BLUEBERRY CAKE	10. CHICKEN & DUMPLINGS JASMINE RICE MIXED VEGETABLES SUGAR FREE JELLO	11. STUFFED CABBAGE JASMINE RICE STEAMED CARROTS SUGAR FREE PUDDING	12. BAKED FISH SWEET POTATOES GREEN BEANS SUGAR FREE PIE
15. VEGETABLE QUICHE GARDEN SALAD PEACHES AND CREAM	16. BEEF AND CORNBREAD PIE GARDEN SALAD PEACH CAKE	17. CHICKEN ROMANO W/PENNE AND MARINARA GREEN BEANS SUGAR FREE PUDDING	18. HOT DOGS W/ROLL BAKED BEANS COLESLAW SUGAR FREE JELLO	19. BIRTHDAY LUNCHEON BAKED FISH RICE PILAF MIXED VEGETABLE BIRTHDAY CAKE
22. GARDEN VEGETABLE ALFREDO W/PENNE GARDEN SALAD BROWNIE W/ICE CREAM	23. CHRISTMAS LUNCHEON 	24. CLOSED FOR CHRISTMAS NO LUNCH SERVED	25. CLOSED FOR CHRISTMAS NO LUNCH SERVED	26. CLOSED FOR CHRISTMAS NO LUNCH SERVED
29. BAKED MACARONI AND CHEESE STEAMED CARROTS SUGAR FREE PUDDING	30. SHEPHERDS PIE MIXED VEGETABLE FRESH FRUIT	31. NEW YEARS AT NOON 		* ALL MEALS ARE SERVED WITH MILK, COFFEE OR TEA **MENU SUBJECT TO CHANGE WITHOUT NOTICE

Lunch is served at 12 noon each day. Please call 48 hours in advance to order your meal. If you need transportation to the meal program please let us know.
A suggested voluntary donation of \$3 -\$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.